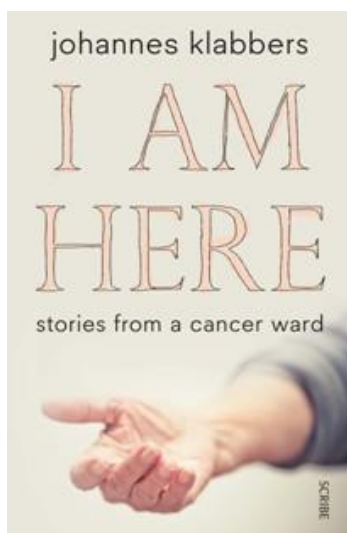


**MACMILLAN
CANCER SUPPORT**

BOOK REVIEWS

Read what people affected by cancer think about...



I am here. Stories from a cancer ward (2016)

Klabbers J.

London: Scribe Publications, 2016.

256pp.

ISBN 9781925228625.

£12.99.

Average star rating 3.5 (out of 5)

**Macmillan Cancer Support
89 Albert Embankment
London SE1 7UQ**

These reviews were written by people affected by cancer and are not the views of Macmillan Cancer Support. These reviews, and the publications reviewed, should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this review or publication or third-party information or websites included or referred to in it. For more information about the review process and how to get involved, please go to the end of this document.



This is an extremely interesting and thought-provoking book. The author really manages to convince the reader of the privilege he feels to be doing his job as a pastoral support worker with cancer patients. Certain things will stay with me for a long time, such as: "Just because you are dying doesn't mean you want to think about death, just like the people who are living don't want to think about life". The book helped me to understand better how my husband approached his own death, which is a very powerful thing to learn. Some of the case studies are more interesting or engaging than others, but are necessary to show the range of people he supports.

It will be most useful for carers and health professionals but I also think it will be useful for people of no faith who are pondering the meaning of life. By using case studies of the people he worked with/helped, the author enables us to understand more about death and the fact that everyone approaches it or deals with it in a different way.

It is mostly easy to read, but has sections that explore his understanding of what it means to be human and reference quantum physics and philosophical ideas that may not appeal to all readers.

The author is an ex-academic and his book reads as such. This is not a criticism, but means that the style may not appeal to everyone. Those readers who stick with it will be well rewarded. It will particularly appeal to people who don't believe in God, and have found themselves wondering about the meaning of life – something we are much more likely to do when a loved one is ill, or dies, with cancer. The book explains the importance of being guided by the patient and the tremendous importance of bearing witness to their suffering, even if all we can do is sit with them. When the author writes that everyone, no matter what type of life they have led, deserves respect and support when dying, you really believe him.

Widow of cancer patient (46-55) (May 2017)

A cancer diagnosis, curative or not, makes people question their mortality and consider the big questions of life. Why are we here? What happens when we die? If there is a greater power, or God, why does he not prevent the suffering in the world? Why me? Did I do something to cause this? These questions can sometimes be answered if people have a religious faith, but agnostic or atheist patients may find it more difficult to face cancer when there is no afterlife or "God" looking after them. However, regardless of beliefs or religion, those with a life-threatening illness (and their carers) still consider the basic questions about mortality. The author, an agnostic pastoral carer, focuses on the belief that one does not need to follow a specific religion to find meaning in life and death. He concentrates on coming to peace with one's beliefs approaching death, particularly useful for staff who encounter cancer patients. He reflects on poignant and significant moments in his year as a pastoral carer, and from this we can learn how best to approach difficult topics with patients and loved ones, contemplate our beliefs, and accept that everyone's faith, no matter what, is as viable as someone else's, even if the person's spirituality does not fall into the category of any particular religion.

The author describes his background and his reasons for becoming a pastoral carer, and then focuses on patient stories that help shape and develop his understanding of what it means to be dying. The reader becomes attached to Johannes and all the characters he mentions, so that we can empathise with the patients, and the staff who must cope with suffering daily. His book will be useful for anyone with cancer, or those who meet them, through family, friends, or work. However, as it is written from the perspective of a member of staff, health professionals will benefit most.

The author discusses deep concepts of mortality, beliefs, compassion, and religion at length, yet describes his opinions and the opinions of others in a way that I understood perfectly. For patients, family members, or staff trying to understand the meaning of life, this book would be a perfect stepping stone for beginning to think about what it means for you, and that it could mean something different to someone else, and that is ok too. Not everyone's beliefs will be the same. The neutral colours of the cover, and the simple images of hands reflect the gentle tone of the author throughout. He uses the first person to give an account of his own beliefs, yet the book is not trying to convert anyone away from what they believe – quite the contrary – his thoughtful accounts of patient stories focus on the fact that everyone has a belief, even if that belief is that there is nothing. Someone of any religion could read this and find that the big questions of life apply to us all.

Having worked with the ill and dying as a student on placement, I know what it is like to suddenly be thrust into a world of those who are facing the reality of a cancer diagnosis. It is nearly impossible to articulate how I coped initially with discussing life and death with patients, but I feel Johannes has captured the beauty and privilege of it perfectly. He explains how sometimes it is not the content of the conversation that is important – I have found this can range from people's pets to DIY. The content is irrelevant. The vital bit of caring for people is to give them undivided attention, listen to their stories, and make them feel valued, not because that's in the job description, but because the individual behind the 'breast cancer' or 'colon cancer' or 'prostate cancer' is a person. A person with hopes, dreams, memories, loved ones, past sufferings, and beliefs. If that person wants to discuss their fears, experiences, and beliefs with you, they are sharing a special moment and you are privileged to listen. If

they just want to talk about the football last night, that too is an honour, because they are a human being in a vulnerable position, and they want to talk to you about their favourite team. It is humbling and Johannes explains this feeling of 'treasuring' patients perfectly. The love I have for my patients is not something I have been able to verbalise, so this would be a fabulous read for health professionals who struggle to think of the words to say to patients. Johannes has several tips, including how sometimes words are not necessary or even appropriate – just be there for them.

This has been a very interesting read and I intend to lend it to several people. It may not have all the answers that one looks for when considering imminent death or mortality, but it will be an incredibly useful tool for anyone struggling to articulate their spiritual struggles. Johannes describes an environment where it is ok to not follow a religion, that discourages religious guilt, and that promotes honesty to yourself so that you can evaluate truly what you believe. I plan to lend it to my mum. She has struggled with the loss of her mother to oesophageal cancer 15 years ago, and this book could be a calm and reassuring way to focus on what she believes happens to the 'soul' after death, and forgiving her mother for dying (a topic that the book focusses on). As my grandmother's cancer could be considered 'self-inflicted' through smoking, it is important that my mother can forgive this, as it will help her to move on.

Therapeutic radiography student (Under 25) (March 2017)



This book would be most useful for someone with cancer as well as their relatives or friends, but would be accessible for anyone. The themes of death and finding meaning in the face of it are highly universal and relatable for any reader. It follows the author's time as a pastoral intern at a cancer hospital, where he supports and talks to patients, some of whom are terminally ill, so it would be most useful for dealing with a terminal cancer diagnosis. It would also be helpful for coming to terms with cancer and learning how to share your feelings with others.

I found it easy to understand; the language is engaging and accessible, making the book open to a range of readers. Each chapter is titled with the overall theme, so it is easy to follow. It is also in chronological order so follows a linear narrative. The design is simple and pleasant and illustrates the general themes well – the pictures of hands link to the pastoral work that Klabbers describes. There is good amount of space between paragraphs, which makes each page appealing to read.

I adore the author's philosophical approach; he focuses on meaning and the stories of the people he meets, namely the quiet, everyday conversations he has with them. Despite the topic of death, the tone is highly moving and uplifting and ultimately hopeful about life and death. It will be particularly useful for providing a sense of hope and positivity in the face of cancer or terminal cancer; it focuses on the human interactions and conversations between patients and pastoral worker rather than focusing on negativity or describing cancer symptoms in detail.

Daughter of lung cancer patient (Under 25) (August 2017)

This gives an insight into how patients and their friends and family deal with their experiences, especially their feelings and thoughts. It is very easy to understand. There is no need for a glossary as there are no technical terms; it's very self-explanatory. It's an appealing book; there are no illustrations but no need for them.

I cared for my mother with stomach cancer until she died in May 2017 (46-55) (August 2017)

I am unsure of the benefits of this interesting book for somebody recently diagnosed, but I have found it useful later. It is the memoir of an agnostic senior arts academic who left his tenured position to undertake organised voluntary clinical pastoral care education (CPE) in an Australian cancer hospital. This process is usually part of interfaith professional education for the ministry, intended for theological students and ministers. Johannes describes, with anonymised stories, the many ways in which dying people cope with end-of-life feelings, and how these experiences affected him.

I found it a very interesting and somewhat surprising book, but there is nothing to dislike. Johannes writes well; the language is appropriate, easy, and not technical. It is a good quality, well-prepared paperback with an imaginative cover and design. There are no illustrations.

This was an unusual review to write. The book is about Johannes' experiences and does not really count as "shared experience". I am not sure if it is relevant for most people affected by cancer. He throws some light on types of emotional support accepted by those to whom he offered support but, although he explains how he came to undertake CPE, he was not personally involved with cancer, nor a carer or healthcare professional. I look forward to seeing his next book.

Well five years after treatment for breast cancer (Over 75) (April 2017)

This is an interesting book. Most people who experience cancer could find a way to relate it to their experience; it feels familiar in an odd way. It is easy to understand. Some words could have been changed to suit a lay audience but it perfectly suits the author and format. I like the style. The design is unobtrusive. The cover is gentle and appealing and the book feels nice to hold. The short sections are great and make it easy to digest. I could pick it up and put it down without feeling overwhelmed.

Lived with acinic cell carcinoma (36-45) (February 2017)

This is a lovely, uplifting book with an insight into how people feel; it invites others to voice their feelings. It is useful for all aspects of dealing with a cancer diagnosis but could also help in other long-term conditions or acute illness scenarios.

I read it in one sitting but it can be read in chunks. Klabbers writes with humour and honesty and the language is simple; there is no glossary but no need for one. The text is nicely spaced and there are handy flaps at front and back on the cover. The cover is simple but effective; there are no illustrations within.

It demonstrates that what we say isn't necessarily what we feel, things are often left unsaid. It tackles religion, how to speak with the family and how someone's presence and hand holding affords support and caring. Klabbers' growth and uncertainty in his role adds depth. It demonstrates the vulnerability of people despite their education and preparedness of life events. Klabbers states that he was touched and moved by his encounters and he conveys this well. I felt I could connect with his experiences.

Healthcare professional (46-55) (December 2016)

This book documents the journey of Johannes Klabbers, a secular pastoral care intern in a cancer hospital. It will interest cancer patients and those who care for them. It offers insight into how people cope with living with cancer and suggests how others can support them – through listening, talking or simply by just being there.

It is well organized and easy to dip into. The five long chapters contain numerous short stories about the patients the author met. These stories are easy to read and in a logical order. The language is accessible and suitable for a wide audience. The author doesn't use any technical terms; he's a pastoral carer, not a healthcare professional. It's visually appealing and the cover reflects well the content and mood of the book. The paper quality is excellent and the typeface easy to read. There are no illustrations or photographs inside but none are necessary.

This book provides great insight into the work of a secular pastoral carer and it's clear that the author is very passionate about his work. He documents his pastoral care internship from application to graduation and beyond and includes stories about a wide range of religious and non-religious patients interspersed with vignettes from his own life. The only thing I dislike are his many references to parallel universes.

Relative of someone with breast and lung cancer (26-35) (December 2016)

This book explores people's emotional and psychological needs when terminally ill. It shows that patients want their opinions heard and a pair of listening ears is all they need. By knowing their concerns, we can work towards catering for their needs rather than providing them with what we think they need.

It is presented in the form of short stories about many patients, rather than a lengthy story about a patient. This makes it a lighter reading material compared to other palliative care books. The cover has a soothing colour. Some illustrations could be added to the book to make it a lighter read.

The author is a non-believer and the book is written from the perspective of a non-believer so I would not recommend it to a religious person. I will suggest it for patients who are non-believers, or agnostic. It reminds people that non-believers too need pastoral care.

Relative of someone with prostate cancer (Under 25) (November 2016)

Anyone interested in how patients and professionals share the experience of cancer, and how relationships form in unusual and unfortunate circumstances will appreciate this book. It is for anyone who likes to think about the minutiae of another's life. It is about the ability to keep one's heart open in ill health and any reader will find a smile and a tear in the encounters described.

Klabbers comes from a different professional background and no religious affiliation into pastoral work at a hospital. He describes some of the patients he meets, their emotional needs and his interactions. The book is as much about the patients as it is about his change from who he was to who he becomes, shaped by the interactions and encounters with people with cancer. It reminded of me of some lines by Brian Patten:

*“Some faces left a mark,
And I on them might have wrought
Some kind of charm or spell
To make their futures work,*

*But it's hard to guess
How one person on another
Works an influence”*

(Love Poems, Flamingo, 1991).

Klabbers describes his journey as a pastoral care worker in a reflective and engaging way. He describes relationships with patients in a sequential way – his own growth and the patients' health trajectory converge over time. The varying patients that populate the storyline are intriguing and feel real. Klabbers' interaction and reflections on these encounters made me reflect on my own communication with others. The book draws the reader in, it is easy to understand and to be absorbed by it. The cover is the one aspect of the book that I found a little pale and old fashioned. It should, however, not put anyone off reading it.

Klabbers has the ability to stay with patients. Their disabling/disfiguring diseases do not detract from their value as human beings and he remains fully present to those he visits. The book is not about suffering in the past, something he could distance himself from or theorise about. His interactions are in the present, real, and it makes the human detail – a smile or tear – poignant. It is a book that tells the story of making a difference to those we encounter by listening, by having conversations that do not always have to be about big issues; a joke or football results may be just as important to offer mental reprieve or reassurance. Nor does he shy away from the big issues, of existential fear and an uncertain outcome. He works in the realm of the unknown and what is often unsayable. As he says: "being dead is something we can understand. But dying, that is a mystery." His kind of work is also a gift. He describes moments of supreme happiness in the midst of an immense sadness.

Nurse (56-65) (September 2016)

This book follows the work of an agnostic pastoral care worker in a cancer hospital in Australia. When he began this full-time, voluntary work, Klabbers was unprepared. He spent his days with people who are very ill, in the terminal stages of cancer (although it could have been any illness – the medical aspects are not discussed in detail). His book comprises small vignettes of these encounters; what was said and what he thought. He quickly discovers that sometimes his role is not about making profound and wise remarks, but sitting in silence with someone. This is perhaps one of the book's main messages and may provide reassurance to those who have a friend or relative who is very ill about what to say and do. Patients often want to talk about sport or nature – life is not always about them.

As a reader, I got to like the author. He is highly motivated to do his job as a pastoral care worker to the best of his ability, often going that extra mile to engage meaningfully with patients. There is no jargon of any sort, and the book is simply and clearly written. It is tastefully produced in good quality paper with nicely laid out text that is easy to read. The front cover states the title, with a photo of an outstretched (helping) hand. On the back, that hand is holding an older hand of another person.

I am surprised and a bit alarmed by the lack of description of any sort of training and accountability that follows these workers. There is no reference to criminal record checks. There is brief mention of case reports, and having to meet with a supervisor, but no secret is made of the fact that these workers are thrown in at the deep end. The author is aware of this and his lack of training sometimes shows, for example, telling a woman 'I know exactly what you are going through.' However, he is very likeable; he does not claim to be an expert, and his humility shows on every page.

I like this book. It does not hold all the answers (perhaps there are none), but it does address some very important subjects surrounding illness and death in a sensitive, compassionate, and altruistic way.

Friend, Carer, Health Professional (56-65) (August 2016)

This is most suitable for health professionals or volunteers on a hospice or hospital ward. It may help them be sensitive to patients' needs (and those of family and friends) at a very difficult time. I like the frankness and honesty of the stories and the author's honesty about how he was treated by other members of staff. I also like that he tells his own story and how it helps him relate to the patients.

It made me stop and think about what it would be like to be a patient and how it is important to not take offence if a patient asks you to leave or does not wish you to visit. The quote "Talk to me – not my cancer" from a patient is a good mantra for all professionals. As a ward assistant in a hospice dealing with cancer patients, I found it very useful. I might recommend it to patients but it will depend on how they are feeling. It may help professionals with cancer who haven't read anything else.

Dental hygienist caring for patients with cancer and ward assistant in a hospice (46-55) (August 2016)



This is useful for all aspects of living with cancer but is directed towards those facing a terminal diagnosis. It is easy to read and a very useful insight into how people come to terms with their illness, the importance of forgiveness, and having the necessary conversation with loved ones so that they can face it together.

Everyone can learn from the experiences of others. This book brings home to us that there is no right way of supporting those who are suffering or dying. Sometimes your mere presence is comforting, sometimes a touch and sometimes talking to them and listening.

Bowel cancer patient (56-65) (October 2017)

This is a record of the author's experiences as a pastoral carer in a hospital. It demonstrates the different ways in which people react to and cope with their cancer diagnosis and how difficult it can be to say the right thing.

It is generally easy to understand but I found some of the content quite heavy, when the author had on his "philosophical hat". One chapter is called "An atheist in a foxhole" and refers to "nihilists" (p. 100). There are some expletives that are relevant and appropriate, but others are unnecessary.

As a Macmillan volunteer, I can identify with some of the difficulties the author had whilst trying to support people affected by cancer. I enjoyed the stories about the patients that the author encountered and supported, but, as stated above, I found some of the content heavy. Having said this, I read about a third of it in one sitting!

My son has chronic myeloid leukaemia. I volunteer for Macmillan providing practical and emotional support for people affected by cancer (66-75) (May 2017)

This is an honest insight to the different reactions people have when diagnosed with cancer. It helps you to understand that everyone deals with it differently and that people with cancer just want to be treated normally. It also talks about the different emotions that people have and makes you realise that your feelings are normal.

The story flows nicely through the different journey of each patient and is very easy to understand and relate to. The cover gives a gentle tone to the book; the picture makes you think of being supported and not alone. It is quite useful and I would probably recommend it. I like the fact that the encounters seem so honest.

My mum died from cancer (Under 25) (April 2017)

This book would be very useful for a carer or professional in a caring environment, as the whole book is written from the perspective of Johannes, a pastoral worker. However, the frequent discussions about life, what is dying, and forgiveness, mean that it could be useful for anyone with a terminal illness, and their family and friends.

There is no real order as such, although it does follow Johannes' year as a pastoral worker. It is more of a journal, so we hop from story to story and it isn't clear if it is in chronological order. Johannes does talk about some people repeatedly, Julia and Derek most frequently. The order of their stories is logical, and, in Julia's case, especially moving. Johannes and Julia seemed to have a close relationship and so we follow the end of her life quite closely in a chronological order.

I didn't notice any inaccuracies, but Johannes worked in Australia so there may be some differences; I'm not sure if we have pastoral workers in UK hospitals. The language is easy to understand, and it is nice to read something that doesn't include complicated medical terms. Johannes talks about not reading his patients' notes as he wants to find out more about them himself. This is reflected in the book; we rarely find out what cancer someone has or why they are in hospital. I like this as it makes us focus on the person, not the cancer. The cover doesn't do much for the book. I would pass it by as it is bland, although the hand reaching out looks sad.

I like Johannes' style – he wanted to meet the person, not their cancer. He was very real about his experiences and a lot of their stories stayed with him long after they were told. The discussions around dying and forgiving are interesting. Anyone at any stage of life could take a lot from it. It made me think about what I would want to say to the people I love, and the people I have lost touch with for one reason or another.

I struggled with this book at first. I lost my friend to cancer just as I was starting to review it and found it hard, despite the short chapters/stories that should make it easy to dip in. It took me a long time to warm to Johannes and get used to the tone. I found it frustrating that he talks so much about himself and how these people were affecting him; I wanted to know more about the patients. However, once I got stuck in, I warmed to him; it is important, and a testament to the people he met, that he does spend so much time talking about how it changed his life.

It is good for emotional support; this could be for family, friends, professionals, and the patient. It offers a snapshot of some of the biggest questions we might have at the end of our life. Although it doesn't offer all the answers, it certainly makes it ok to ask the questions and realise how important it is to do so. I might recommend it. I struggled with it after losing my friend and it has taken me a few months to finish. Those in a caring role, especially professionals, will find it rewarding at any stage.

Macmillan staff member. I recently lost friend to cancer (Under 25) (March 2017)



This book was a disappointment. It has little of direct relevance and is more of a piece of therapeutic writing to justify the author's role. The audience is unclear and it will have relevance only to those who have no faith to support them during a cancer journey. It is difficult to see what lessons there are for healthcare practitioners, apart from the importance of letting individuals talk and providing an open listening portal.

It is easy to understand as there is little in the way of technical language but lacks structure and signposting with no clear pathway. The colour of the cover is neutral, the paper is poor quality and the presentation does little to encourage reading.

There is not very much I like about this book. The best part is that it is easy to read and can be read in one sitting. It is a reasonable resource for healthcare professionals who wish to have wider reading in extending their knowledge but it is of little interest to those on their cancer journey. It lacks evidence to support the views expressed and clear theories to provide a moral compass.

Cancer survivor (66-75) (June 2017)

The title attracted me but I don't think I would recommend this book to anyone affected by cancer at any stage. The author is honest about his beliefs and how he came to be an agnostic. He genuinely wants to be a good pastoral care worker and took on a job that is completely different from the academic world that he was used to but essentially this is a diary of a pastoral care worker.

It is easy to read and understand. There are references to quantum physics, but the author explains these in relation to how he sees life or certain situations. The cover is okay and the typeface is fine. There are no illustrations but, given the nature of the book, photos would not be appropriate.

I like some of the stories, but this book is not what I expected; it is like reading someone's diary. It was disappointing because I was expecting to read a variety of stories of sadness, hope, and comfort, for patients at the end of life, but it is all quite negative. I may recommend it to a friend who is on the pastoral care team in a general hospital but it wasn't useful for me.

Breast cancer 2011 (66-75) (March 2017)

I found this quite a difficult book to read. The author has not been directly affected by cancer but worked as a pastoral carer on a cancer ward. The book starts with his training as a pastoral carer and continues with his first year in the job.

I did not like the author's tone and found him quite hard to like. He doesn't seem to have much empathy for his patients, is critical of them and sometimes quite rude. He is impatient at times and often comments on how upset he is when a cancer patient is angry or upset themselves and doesn't want to speak to him (something I would

hope that people working on a cancer ward would understand). He also discusses conversations he has with nurses and doctors who comment about how certain patients are not coping well with their diagnosis; some of them do not seem to have much patience with people who are trying to come to terms with such devastating news. I found that very difficult to read as I would like to think hospital and healthcare workers could understand the situation and empathise more.

The book didn't bring me any comfort but it was interesting to read about how the healthcare system works and the different people who work on a hospital ward.

Carer and family member (Under 25) (March 2017)

This book concentrates mostly on how to talk to people who are living with/dying from cancer and how to really listen to what they are saying and what they need.

I found it mostly easy to understand when the author was talking about his work with the patients but there is also a fair amount about quantum physics and other 'science' bits that I wasn't expecting; I found this hard to understand at times, and didn't really get why it was there. They are also repeated and began to irritate me. There are no explanations of technical words and no glossary. It does tend to flit from one story to another. Some parts seem random, sometimes just half a page about something that seems to have no connection with what comes before or after; however, one or two stories about patients do follow a logical order.

If I had come across this book in a library/bookshop I may have ignored it because the cover does not really stand out. It isn't a long book, the typeface is easy to read and I like the fact that the chapters are only around three or four pages long, sometimes shorter. I found this much easier to read than if they had been longer.

I like the fact that this is mostly an easy book to read. The short chapters make it easy to pick up and put down and then get back into. I don't like the bits about physics/alternative universes; they are unnecessary and not what I thought would be included, given the description. If people read this to help them better understand how to look after and talk to cancer patients or those nearing the end of their life, which I did, they may be disappointed. It doesn't really go into enough detail for me. Because the chapters are all short, it is more of a summary of each patient. I don't think I would recommend it because I didn't feel I really learnt anything from it.

Daughter of breast cancer patient (36-45) (October 2016)

Further information

Why does Macmillan Cancer Support review books?

We use reviews to help us compile a list of suggested cancer books, the [Macmillan Core Book List](#). Cancer information centres and public libraries can use this list to select appropriate and relevant books for people affected by cancer.

We add reviews to the [Directory of information materials for people affected by cancer](#) so that people affected by cancer can see what others in a similar situation think about a book. You can also see details of all the books reviewed in the [Book reviews listing](#), which also has links to all the reviews.

We recruit most of our reviewers through the [Volunteering Village](#) and the [Cancer Voices Network](#), people affected by cancer who have signed up to help Macmillan Cancer Support in a number of ways. Volunteers are a vital part of our book review process; since 2007, over 1,500 Macmillan volunteers have written more than 6,000 reviews of over 500 different books.

If you are a health professional who would like to review books for us, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

Information and support for people affected by cancer

If you are looking for support to help you live life with cancer, you may wish to contact one of [Macmillan's cancer information and support services](#). Or you can call the Macmillan Support Line free on **0808 808 00 00** (Mon-Fri 9am–8pm). We have an interpreting service in over 200 languages. Just state, in English, the language you wish to use. If you are deaf or hard of hearing you can use textphone no 0808 808 0121 or Text Relay.

You can also email us using the [website enquiry form](#). Alternatively, [visit our website](#).

Feedback

If you have any comments, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

Being told ‘you have cancer’ can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you’re still you. We get that. And, after over 100 years of helping people through cancer, we get what’s most important: that you’re treated as a person, not just a patient.

It’s why we’ll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We’re here to help you find your best way through from the moment of diagnosis, so you’re able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

© Macmillan Cancer Support, October 2018

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SCO39907) and the Isle of Man (604).